
Spark People

Posted by KPW1956 - 2006/11/20 16:44

Has anyone ever heard of it?

It's an online community and resource for weight loss. It's totally free.

I was first told about it about 5 or 6 months ago by my niece who used it to lose about 30 lbs. My daughters and I all joined..

My daughter is very gung ho right now.. Many forums available depending on your interests...

You can set up personal pages which to me resemble myspace pages alot! You can blog and add comments to others pages..

I happened to be looking through the groups.. and I found a group for Biggest Loser fans.., a group of 50+ women.. a group who are fly lady fans..(fly lady is an online home organization support network).. Shockingly... I also found a Starting Over fans group.. Of course with the show out of production it hasn't had much activity ...(surprise surprise!) There were also groups set up for people with specific type health issues.. The groups are designed to be smaller support networks. If anyone is interested, maybe we could start an SOT group!

Anyway, With the new year just around the corner... I encourage anyone who struggles with their weight and wants to try to have a successful year ahead regarding weight and health related resolutions.. check it out.. Lot's of useful tools. Probably comparable to WW... but totally free!

Over the holidays my daughter is going to help me make my page a little bit more personal.. with photos I hope!

<http://www.sparkpeople.com>

My niece is now expecting her first child and Sparks has another community branch called babyfit.com. I don't think I'll ever need that community though! LOL! But had it been around 20 plus years ago when I was having my brood... it would have been fun! Some here at SOT might be interested though. Or at least be able to refer it to those you know who might be.

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Re:Spark People

Posted by mazzy - 2006/11/21 18:54

Thanks KPW... I'll check it out... it's always nice to have support with the weight thing... LOL... I'm either maintaining... takes lots of work... or I'm trying to lose.

As the years creep up... it's getting harder and harder to lose... that's what all you young uns have to look forward to... LOL... I don't remember working so hard to lose weight... LOL

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Re:Spark People

Posted by mazzy - 2006/11/24 01:36

Great site... I was really out of touch with my food planning... it seems that the calories added up to way more than I realized.

Thanks for sharing.

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Re:Spark People

Posted by mazzy - 2006/11/26 02:08

KPW... I haven't had too much time to check out the groups... I've been spending time setting up tracking my food... putting in nutritional info.

This is a great tool... it is giving me the awareness that I really need. I have been eating very healthy this past year... I lost some weight, but now I am at a plateau... I'm maintaining, but I need to lose. It seems that I am consuming more calories that I was aware of... those suckers sure do add up fast... LOL

I understand as I am getting older I need to build muscle in order to lose weight... LOL... my daughter just recently passed this gem of information along... she said something about having more muscle my body will use more calories thus I'll lose weight. LOL I don't remember working so hard to lose weight when I was younger... seems that when you lose muscle tone... (which you do as you age... wonderful)... it's harder to lose weight. So... I bought 2 3lb weights and 2 5lb weights and 2 8lb weights... this should keep me busy for awhile... LOL

Misery loves company... so... ladies of SOT... feel free to share your struggles with weight... and your success... I'm all ears. LOL

Re:Spark People

Posted by mazzy - 2006/11/26 09:11

Re exercise... I have been attempting to get into a consistent exercise plan this past year... I have started super slow... as I was more concerned about be consistent. This has worked well for me... not to say I saw a big difference... exercise has never been my strong suit... LOL... Anyway... the point I'm trying to make is I need to remember who I am, and take it very slow.

This week my daughter is visiting, and I pushed myself too much... too soon, and I seem to be paying for it. I did some sort of warm up strength training squat like lowering exercise... hurt my lower back... pain shooting down legs, etc... save yourself ladies... be careful... I will rest this out, but I will remember to learn from this... everything in moderation... for me I need to go slow, but consistent with the exercise thing, and for me that is okay.

Re:Spark People

Posted by grizzlys4 - 2006/11/26 18:11

So true mazzy.....I hate being so limited being as young as I am....sometimes I'm embarrassed and find myself pushing it so I don't look like such a wimp!! But I pay for it big time.....I gotta just accept my limitations and be glad they are really so minor in comparison to what others face!!!

Thanks for the reminder.....I heard someone phrase it like this and it really stuck with me:

"Give yourself the gift of being gentle with yourself."

Re:Spark People

Posted by mazzy - 2006/11/27 03:00

I'm finding Spark People site extremely motivational...

I'm spending so much time getting acquainted with the site, tracking my food, preparing food and menus... I don't have as much time to eat... LOL

Re:Spark People

Posted by KPW1956 - 2006/11/29 21:16

Glad to hear you are enjoying it.. I tried to pm you on this site about Sparks.. Check your mail!

Re:Spark People

Posted by mazzy - 2006/12/14 19:09

I took a SP Personality Profile test and the conclusion was that I'm an emotional eater. I never thought of myself as an emotional eater, but today I was having trouble with my computer... I started feeling frustrated... and I started thinking about food. There may be something to this "emotional eating." LOL. Oh well... awareness is always fun... LOL

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